





























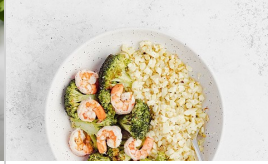






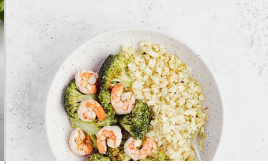





























1200 Calorie Dairy Free

<https://www.he-fluence.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Smoked Salmon & Quinoa Breakfast Bowl	Smoked Salmon & Quinoa Breakfast Bowl	Smoked Salmon & Quinoa Breakfast Bowl	Hard Boiled Eggs	Hard Boiled Eggs	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake
Snack 1							
	Cilantro Lime Tuna Salad	Cilantro Lime Tuna Salad	Cilantro Lime Tuna Salad	Keto Mini Quick Bread	Keto Mini Quick Bread	Pan Seared Peaches with Dukkah	Pan Seared Peaches with Dukkah
Lunch							
	Lemon Garlic Shrimp Spaghetti Squash	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Baked Cod & Veggies in Roasted Red Pepper Sauce	Turkey & Vegetable Soup	Turkey & Vegetable Soup	Turkey & Vegetable Soup	Turkey & Vegetable Soup
Snack 2							
	Kale & Zucchini Mini Egg White Bites	Kale & Zucchini Mini Egg White Bites	Kale & Zucchini Mini Egg White Bites	Edamame	Edamame	Edamame	Edamame
Dinner							
	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Baked Cod & Veggies in Roasted Red Pepper Sauce	One Pan Lemon Garlic Shrimp, Broccoli &...	Tofu & Veggie Hot Pot	Tofu & Veggie Hot Pot	Tofu & Veggie Hot Pot	Tofu & Veggie Hot Pot
							
	One Pan Cod, Sweet Potatoes & Green Beans	Chicken Thighs with Sweet Potato & Cauliflower	Beef & Turnip Stew	Beef & Turnip Stew	Persian Carrot & Beef Stew	Persian Carrot & Beef Stew	Persian Carrot & Beef Stew

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  33%	Fat  45%	Fat  45%	Fat  33%	Fat  32%
Carbs  30%	Carbs  28%	Carbs  25%	Carbs  21%	Carbs  22%	Carbs  28%	Carbs  29%
Protein  37%	Protein  39%	Protein  42%	Protein  34%	Protein  33%	Protein  39%	Protein  39%
Calories 1272	Calories 1242	Calories 1137	Calories 1235	Calories 1243	Calories 1174	Calories 1196
Fat 48g	Fat 46g	Fat 43g	Fat 65g	Fat 65g	Fat 45g	Fat 45g
Carbs 96g	Carbs 89g	Carbs 73g	Carbs 67g	Carbs 70g	Carbs 85g	Carbs 90g
Fiber 22g	Fiber 24g	Fiber 22g	Fiber 19g	Fiber 17g	Fiber 20g	Fiber 20g
Sugar 15g	Sugar 22g	Sugar 21g	Sugar 22g	Sugar 22g	Sugar 35g	Sugar 45g
Protein 122g	Protein 124g	Protein 124g	Protein 111g	Protein 107g	Protein 121g	Protein 122g

Fruits

- 1/2 Avocado
- 1 1/2 Lemon
- 1 tbsp Lime Juice
- 2 Peach
- 1 1/2 Plum

Seeds, Nuts & Spices

- 1 1/3 tbsps Almonds
- 1/4 tsp Black Pepper
- 1 tsp Chili Powder
- 1 1/2 tsps Coriander Seed
- 3/4 tsp Cumin
- 1/2 tsp Dried Dill
- 2/3 tsp Dried Thyme
- 1/4 tsp Fennel Seed
- 1 1/3 tsps Garlic Powder
- 2 tbsps Hazelnuts
- 1 1/3 tsps Italian Seasoning
- 1/8 tsp Onion Powder
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 tsp Smoked Paprika
- 1/4 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Edamame
- 12 Ice Cubes

Vegetables

- 3 cups Arugula
- 2 cups Asparagus
- 6 cups Baby Spinach
- 3 cups Broccoli
- 3 1/2 Carrot
- 1/2 head Cauliflower
- 3 cups Cauliflower Rice
- 1 1/3 stalks Celery
- 1 cup Cilantro
- 1 1/2 Cucumber
- 6 1/16 Garlic
- 2 cups Green Beans
- 1 Jalapeno Pepper
- 3/4 cup Kale Leaves
- 1/4 cup Mint Leaves
- 2 cups Mushrooms
- 2 cups Napa Cabbage
- 3/4 cup Parsley
- 5 1/16 ozs Roasted Red Peppers
- 1/2 Spaghetti Squash
- 4 2/3 Sweet Potato
- 1 1/3 Turnip
- 1 White Onion
- 1 Yellow Bell Pepper
- 2/3 Yellow Onion
- 1 1/3 Zucchini

Boxed & Canned

- 2 2/3 cups Beef Broth
- 1/2 cup Canned Coconut Milk
- 5 1/16 cups Chicken Broth
- 1/3 cup Quinoa
- 2 tbsps Salsa
- 14 ozs Shiratake Noodles
- 1 1/2 tsps Tomato Paste
- 1 1/2 cans Tuna
- 6 cups Vegetable Broth

Baking

- 1/3 cup Almond Flour

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 8 ozs Chicken Thighs
- 2 Cod Fillet
- 12 ozs Shrimp
- 9 ozs Smoked Salmon
- 14 2/3 ozs Stewing Beef
- 16 ozs Tofu
- 7 1/16 ozs Turkey Breast, Cooked

Condiments & Oils

- 2 1/3 tbsps Avocado Oil
- 1/2 tsp Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari

Cold

- 12 Egg
- 3/4 cup Egg Whites
- 1 1/3 cups Unsweetened Almond Milk
- 1 2/3 cups Unsweetened Coconut Yogurt

Other

- 2 cups Calabash Squash
- 1/2 cup Vanilla Protein Powder
- 1 cup Water

-
- 1 tsp Baking Powder
 - 1 1/3 tbsps Cornstarch



Smoked Salmon & Quinoa Breakfast Bowl

3 servings
20 minutes

Ingredients

- 1/3 cup Quinoa (uncooked)
- 6 Egg
- 3 tbsps Cilantro (chopped)
- 1 1/2 tsps Lime Juice (to taste)
- 3 cups Arugula (packed)
- 9 ozs Smoked Salmon (sliced)

Nutrition

Amount per serving	
Calories	327
Fat	15g
Carbs	15g
Fiber	2g
Sugar	1g
Protein	32g

Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
- 3 Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.



Hard Boiled Eggs

2 servings

15 minutes

Ingredients

4 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Keto Mini Quick Bread

2 servings

10 minutes

Ingredients

2 tbsps Avocado Oil (plus extra for greasing)
2 Egg
1/3 cup Almond Flour
1 tsp Baking Powder

Nutrition

Amount per serving	
Calories	316
Fat	29g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	11g

Directions

- 1 Add a couple drops of oil to a round ramekin to grease the bottom and sides.
- 2 In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
- 3 Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
- 4 Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
- 5 Bread can be served as is or toasted. Enjoy!

Notes

Leftovers: Store in an airtight container for up to one day. Freeze for up to two months.

More Flavor: For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

How to Serve: Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

Thinner Slices: Cut into 3 or 4 slices instead.

Ramekin: A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

Oven-Baked: Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

Serving Size: One serving is equal to one piece of bread.



Simple Vanilla Protein Shake

2 servings

5 minutes

Ingredients

- 1 1/3 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 12 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Pan Seared Peaches with Dukkah

2 servings

10 minutes

Ingredients

2 tbsps Hazelnuts (roasted, unsalted)
 1 1/3 tbsps Almonds (roasted, unsalted)
 1 1/2 tbsps Sesame Seeds (white and/or black, toasted)
 1 1/2 tbsps Coriander Seed
 1/4 tsp Fennel Seed
 1/4 tsp Cumin (ground)
 Sea Salt & Black Pepper (to taste)
 1/2 tsp Coconut Oil
 2 Peach (halved, pit removed)
 1/2 cup Unsweetened Coconut Yogurt
 1/4 cup Mint Leaves (optional, lightly torn)

Nutrition

Amount per serving	
Calories	204
Fat	13g
Carbs	22g
Fiber	6g
Sugar	13g
Protein	5g

Directions

- 1 Combine the hazelnuts, almonds, sesame seeds, coriander seeds, fennel seeds, cumin, salt and pepper into a food processor or blender. Process until you reach a coarse grainy texture. Set aside.
- 2 Heat a cast iron skillet over medium-high heat. Once hot, add the coconut oil. Place the peaches on the skillet cut side down. Sear for 4 to 5 minutes, until charred.
- 3 Divide the yogurt evenly between bowls. Add the peaches and top with dukkah and mint leaves, if using. Enjoy!

Notes

Leftovers: Best served right away. Otherwise, refrigerate in an airtight container for up to two days.

Serving Size: One serving is one peach and 1/4 cup yogurt.

Likes it Sweet : Add a drizzle of honey or maple syrup.

Barbecue: To prepare on the grill, brush the peaches with oil. Grill the peaches, cut side down, for 5 minutes, without turning.

No Coconut Yogurt: Use Greek yogurt or another yogurt alternative.



Cilantro Lime Tuna Salad

3 servings

5 minutes

Ingredients

- 1 1/8 cups Unsweetened Coconut Yogurt
- 3/4 cup Cilantro (stems removed)
- 1 1/2 tsps Lime Juice
- 1/3 tsp Sea Salt
- 6 cups Baby Spinach (large leaves torn)
- 1 1/2 cans Tuna (drained, flaked)
- 1 1/2 Cucumber (chopped)

Nutrition

Amount per serving	
Calories	150
Fat	4g
Carbs	13g
Fiber	3g
Sugar	3g
Protein	19g

Directions

- 1 Add the coconut yogurt, cilantro, lime juice, and salt into a food processor. Blend until smooth, scraping down the sides as needed.
- 2 Divide the spinach, tuna, cucumber, and cilantro lime dressing onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 2 1/2 cups.

Additional Toppings: Top with red pepper flakes, black pepper, sliced red onion, sauerkraut, or other pickled veggies.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Turkey & Vegetable Soup

4 servings

50 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
2/3 Yellow Onion (chopped)
2 Garlic (clove, minced)
2/3 tsp Dried Thyme
2/3 tsp Sea Salt
2/3 Sweet Potato (peeled, cut into 1/2-inch cubes)
2/3 Carrot (peeled, chopped)
1 1/3 stalks Celery (chopped)
7 1/16 ozs Turkey Breast, Cooked (roughly chopped)
4 cups Chicken Broth
2/3 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	142
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	18g

Directions

- 1 Heat the oil in a large pot over medium heat.
- 2 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 3 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 4 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 1/2 cups of soup.

More Flavor: Add a bay leaf or some red pepper flakes.

No Turkey: Use chicken breast instead.

Additional Toppings: Serve the soup over top of cooked rice or cooked pasta.



Lemon Garlic Shrimp Spaghetti Squash

1 serving
45 minutes

Ingredients

- 1/2 Spaghetti Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (cloves, minced)
- 4 ozs Shrimp (uncooked, peeled)
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Parsley (chopped, to garnish)

Nutrition

Amount per serving	
Calories	313
Fat	14g
Carbs	25g
Fiber	3g
Sugar	1g
Protein	25g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
- 3 While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
- 4 Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

Notes

No Shrimp: Use chickpeas or white beans instead.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Kale & Zucchini Mini Egg White Bites

3 servings
25 minutes

Ingredients

- 3/4 cup Egg Whites
- 3/4 cup Kale Leaves (finely chopped)
- 1/3 Zucchini (medium, finely diced)
- 1/8 tsp Garlic Powder
- 1/8 tsp Onion Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	39
Fat	0g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, kale, zucchini, garlic powder, onion powder, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately four mini egg muffins.

More Flavor: Add a splash of tamari or soy sauce.

Additional Toppings: Add goat cheese, feta cheese, or vegan cheese.



Edamame

3 servings

5 minutes

Ingredients

1 1/2 cups Frozen Edamame (shelled, thawed)

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage: Refrigerate in an airtight container up to 4 days.



Tofu & Veggie Hot Pot

4 servings

30 minutes

Ingredients

6 cups Vegetable Broth
 1 tbsp Tamari
 1 tbsp Rice Vinegar
 1/2 tsp Sea Salt
 2 cups Mushrooms (halved)
 2 cups Calabash Squash (chopped)
 2 cups Napa Cabbage (thinly sliced)
 16 ozs Tofu (extra firm, broiled, cubed)
 14 ozs Shiratake Noodles (rinsed, drained)

Nutrition

Amount per serving	
Calories	143
Fat	6g
Carbs	12g
Fiber	3g
Sugar	5g
Protein	15g

Directions

- 1 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 2 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 3 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

Serving Size: One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

More Flavor: Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

Additional Toppings: Top with sliced green onions, fried shallots, enoki mushrooms, and/or sliced carrots.

No Calabash Squash: Use zucchini or celery instead.

No Shiratake Noodles: Use ramen or rice noodles instead.



Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 servings

50 minutes

Ingredients

- 2 Sweet Potato (medium, pierced with a fork)
- 8 ozs Chicken Breast (skinless and boneless)
- 1 tsp Chili Powder
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 1 cup Chicken Broth
- 2 tbsps Salsa
- 1/2 Avocado (mashed)
- 1 tbsp Cilantro (optional, chopped)
- 1 Jalapeno Pepper (optional, sliced)

Nutrition

Amount per serving	
Calories	349
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g

Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

Notes

Dairy Lover: Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

Meal Prep: Cook the sweet potatoes ahead of time for a quick weeknight meal.

Leftovers: Keep in a sealed container in the fridge for 3 to 4 days.



Baked Cod & Veggies in Roasted Red Pepper Sauce

2 servings

20 minutes

Ingredients

5 1/16 ozs Roasted Red Peppers
 1/2 cup Canned Coconut Milk
 1/4 cup Water
 1 Cod Fillet
 Sea Salt & Black Pepper (to taste)
 1 Zucchini (medium, sliced into strips)
 1 Yellow Bell Pepper (medium, sliced)
 2 cups Asparagus (trimmed, chopped)
 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	283
Fat	12g
Carbs	18g
Fiber	5g
Sugar	8g
Protein	27g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Blend the roasted red pepper, coconut milk, and water using a blender or immersion blender until smooth. Season with salt and pepper.
- 3 Season both sides of the cod with salt and pepper.
- 4 Place the zucchini, bell pepper, and asparagus in a deep baking dish or tray. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 5 Top with parsley, divide evenly between plates, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 2 1/2 cups.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



One Pan Lemon Garlic Shrimp, Broccoli & Cauliflower Rice

2 servings

30 minutes

Ingredients

3 cups Cauliflower Rice
 3 cups Broccoli (florets)
 1 tbsp Extra Virgin Olive Oil (divided)
 3/4 tsp Sea Salt (divided)
 1 Lemon (juiced)
 2 Garlic (cloves, smashed)
 1/4 tsp Black Pepper
 8 ozs Shrimp (peeled, deveined, tails removed)

Nutrition

Amount per serving	
Calories	244
Fat	8g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	30g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the cauliflower rice on one side of the baking sheet and the broccoli florets in the middle, leaving room for the shrimp. Drizzle with half of the oil and half of the salt. Toss to coat.
- 3 Place in the oven and bake for 15 minutes, turning broccoli halfway through.
- 4 Meanwhile, in a small bowl, add the remaining oil, salt, lemon juice, smashed garlic cloves, and black pepper. Whisk well and set aside.
- 5 Remove the baking sheet from the oven and add the shrimp. Pour half of the lemon garlic dressing on top of the shrimp and broccoli. Discard the smashed garlic cloves. Place back in the oven for seven to eight minutes or until the shrimp is cooked.
- 6 To serve, divide the cauliflower rice, broccoli, and shrimp into bowls. Top with remaining lemon garlic dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately four ounces of shrimp, 1 1/2 cup of cauliflower rice, and 1 1/2 cup of broccoli.

No Fresh Shrimp: Use frozen.

Additional Toppings: Chili flakes, fresh parsley, cilantro, or sliced green onions.

Save Time: Use pre-sliced cauliflower rice and broccoli florets.



One Pan Cod, Sweet Potatoes & Green Beans

2 servings

40 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut in half)
- 1/2 tsp Dried Dill

Nutrition

Amount per serving	
Calories	247
Fat	8g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 3 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 4 Remove the baking sheet from the oven and add the cod fillets. Brush the rest of the oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft.
- 5 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

More Flavor: Squeeze fresh lemon on top when ready to serve.



Chicken Thighs with Sweet Potato & Cauliflower

2 servings

45 minutes

Ingredients

- 1 Sweet Potato (medium, cut in half lengthwise)
- 1 tsp Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Thighs (boneless, skinless & trimmed)
- 1/3 tsp Smoked Paprika
- 1/8 tsp Garlic Powder
- 1/2 head Cauliflower (small, cut into florets)

Nutrition

Amount per serving	
Calories	252
Fat	8g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	26g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Drizzle the cut sides of the sweet potatoes with half of the oil and season with salt and pepper. Place the potatoes cut side down on the baking sheet and bake for 25 minutes.
- 3 Remove the baking sheet from the oven and carefully flip the sweet potatoes over so they are cut side up. Place the chicken on the baking sheet and toss with the remaining oil. Add the smoked paprika and garlic powder and season generously with salt and pepper.
- 4 Continue to bake for 15 to 18 minutes or until the chicken thighs are cooked through and the sweet potatoes are soft when poked with a fork.
- 5 Meanwhile, add the cauliflower to a steamer basket over boiling water. Steam for about five minutes or until desired doneness is reached.
- 6 To serve, divide the chicken, sweet potato, and cauliflower evenly between plates or meal prep containers and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Season the chicken and/or sweet potato with other dried herbs and spices to taste, like cumin, coriander, chili powder, or cinnamon.

No Chicken Thighs: Use chicken breast instead.



Beef & Turnip Stew

2 servings

50 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
 2/3 White Onion (small, diced)
 1 1/3 Carrot (large, chopped)
 1 1/3 Turnip (medium, chopped)
 10 2/3 ozs Stewing Beef
 1 1/3 tsps Italian Seasoning
 Sea Salt & Black Pepper (to taste)
 2 2/3 cups Beef Broth
 1 1/3 tbsps Cornstarch

Nutrition

Amount per serving	
Calories	328
Fat	12g
Carbs	18g
Fiber	3g
Sugar	7g
Protein	37g

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and stir for a couple of minutes, until fragrant. Add the carrots and turnip and stir for another couple of minutes. Then, add the beef and continue to cook for five minutes.
- 2 Add the Italian seasoning, salt, and pepper. Stir to mix, and then add the broth. Bring everything to a boil, then reduce the heat and cover with a lid. Simmer for 30 minutes or until everything is cooked through.
- 3 Add the cornstarch and stir well. Cook for another five minutes, or until the stew has thickened. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days, or freeze for up to three months.

Serving Size: One serving is equal to approximately 1 1/3 cups.

More Flavor: Add potatoes, corn, bell pepper, and/or garlic.

No Beef: Use ground turkey, cubed chicken, or cooked lentils instead.



Persian Carrot & Beef Stew

1 serving

2 hours

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 1/4 White Onion (small, chopped)
- 4 ozs Stewing Beef (cubed)
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Turmeric
- 1 1/2 tsps Tomato Paste
- 3/4 cup Water
- 1 1/2 Carrot (medium, cut into matchsticks)
- 1 1/2 Plum (quartered)

Nutrition

Amount per serving	
Calories	274
Fat	8g
Carbs	26g
Fiber	5g
Sugar	16g
Protein	27g

Directions

- 1 Heat the oil in a pot over medium-high heat. Add the onion and cook for three to four minutes or until golden brown. Add the beef and brown on all sides.
- 2 Add garlic, salt, pepper, turmeric, and tomato paste to the pot. Cook for another two minutes and add the water to the pot. Turn down the heat to simmer, cover the pot with a lid, and cook the beef for 1 1/2 hours.
- 3 Add the carrot(s) to the stew. Give it a stir and add more water if necessary. Cover the pot with a lid and cook for 15 minutes. Add the plums and cook covered for another 15 minutes or until everything is cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

More Flavor: Add saffron, cumin, and/or dried yellow plums.

Serve it With: Serve over rice or with couscous.